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After closing briefly for some remodeling last fall, Caffrey's—the go-to Uptown lunch and late night sandwich destination—has reopened its doors! As expected, the menu of sandwiches is long and creative, and the food is served up by an eclectic and energetic crew.

Another welcome development is the deli's website. For years, the first thing you'd find if you Googled Caffrey's was a menu posted by a fan back when the deli didn't have its own online presence. But that menu is nine years old and outdated. Now you can go straight to the source and see the complete current menu before you call.

For devotees of Caffrey's, the news is less about a favorite sandwich shop reopening, and far more about a sense of order being restored to the corner of Uptown's Lake and Lyndale.

TO READ THE ENTIRE ARTICLE THIS EXCERPT IS FROM, VISIT:
<http://www.citypages.com/restaurants/caffreys-lives-8076024>

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NEW YORKER

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The 5 most transporting restaurant interiors in Minneapolis

More often than not, we choose a restaurant based on a craving. But a good restaurateur knows food is only half the battle. Restaurants, the good ones anyway, are stages, arenas to escape the dodgy clatter of real life, if only for two hours. Here are five local restaurants that serve as mini-vacations, for little more than the price of a plate.

ST. GENEVIEVE

France exists in all of our imaginations, even if we've never been. It's the same way you know New York should have guys shouting out of brownstone windows, dirty water hot dog stands, and subway screech. With little more than a carved, ivory-esque bar, patina-edged mirrors, and soft light, St. Genevieve screams "Paris!" They've done it with the smallest touches, and exactly zero treacle. You won't find a single Eiffel Tower. The menu follows suit with French omelets, Champagne flutes, and escargots exactly the way the French might do them: with understatement and confidence. (Also see sister restaurant Tilia, which evokes an old-timey American train car, even if you've never ridden in one.)

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UPTON 43

If you were handed some lumber and paint and asked to visually recreate Minnesota (or Scandinavia) in wintertime, it might look a little like Upton 43. All ice blue and angles, this dining room is like none other. It does not welcome warmly, or echo noisily. It seems to ask that you observe it like a museum goer, and sit up straight in your chair as other artistic articles pass across your table. Sharp, slender lamps jut down like icicles, and



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it all comes together as a somewhat austere yet captivating homage to the great white north.

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MONTE CARLO

How many hallowed 110-year-old rooms can you relax in for the cost of a lowball? So very many of our most historic bars and restaurants have gone the way of the dinosaur these past few years. Monte Carlo seems to exist as an untouchable exception, where the servers pad around in orthopedic shoes and smart black dresses from the uniform store, and not Forever 21. The windowless room is a dark crucible of copper bar, reds and golds, and a wall of booze that inspires you to order something neat, not craft. If you're looking for something gluten free, your options are Filet Mignon or New York Strip.

219 3rd Ave. N., Minneapolis
612-333-5900 | montecarloomn.com

TRAVAIL KITCHEN AND AMUSEMENTS

We ardently follow chefs for their talents on the plate, so why is it that so few dining rooms seem to accommodate for their creativity? The Travailians are so unlike other chefs, they've got their own pet name for their legions of followers. So it would only do to have a room that speaks to their freaky humor, the somewhat disturbing, cacophonous inner mind of a chef. What does that look like? A booming sound system, lots of wide open space punctuated by an overabundance of stuffed animals, shag carpet, chalkboards, guys dressed in chicken suits. The line between kitchen and dining room blurs in a foggy mashup of carnival and your stoner brother's basement bedroom. It works. It's fun. Prepare to be pleasantly overwhelmed.

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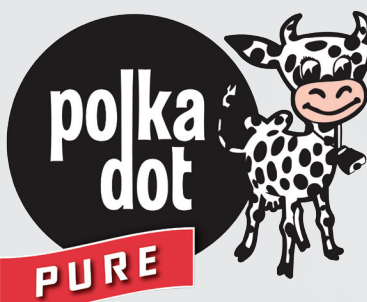
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If you can get in (and it's easier to get in now that the hype has subsided), Volstead's Emporium is worth the extra trouble of hiking through a sketchy alley, beyond a steely door with a peep-hole, and past a burly bouncer (he's actually more sugar than brawn). In the bowels of the street-level S&M store (is this starting to sound like we live in a real city, or what?) a murky speakeasy awaits, with privacy booths where velvet curtains can drop, and you and your date can do what inspires you. Don't worry—servers pop out of windows at other side, Jambi the Genie style, at your service with Sazerac in hand. While prohibition-era drinking culture has had its day, threatening to curdle like some old milk, Volstead's still manages to charm. The utter showmanship in the detail seems designed by nothing short of a stage designer, down to the fringes on the lampshades. A dreamy, reclining sliver of a moon on the wall behind the band smiles in langor, encouraging the night to never end.

711 W. Lake St., Minneapolis

—MECCA BOS

Three St. Paul spots trade in their finery for more casual digs and menus

So, what's St. Paul's culinary world got on its collective mind this autumn? Booze! And lots of stuff that goes good with drinkin'. Three St. Paul spots are turning over their white tablecloths for more bar space, and swapping their frou frou food for burgers, fried fish, and other comfort faves.

SALT CELLAR BECOMES FITZGERALD'S

It's difficult to say what went wrong at the Cathedral Hill steakhouse Salt Cellar, a beautiful space that was

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designed to become a high-end meat temple for a new generation. Alan Bergo was chef, arriving after many years under Heartland's Lenny Russo. He kept an eye toward pairing behemoth cuts of Piedmontese beef with locally foraged items culled from our "own backyard." What followed was a boondoggle of epic proportions, with across-the-board execution problems from almost every vantage point. They were wise to shutter.

But it appears they're not defeated. Salt Cellar is rising again, this time as the more casual Fitzgerald's. It's just too tempting not to evoke the boozy author in this neighborhood, and the place aims to live up to its name as a boozy neighborhood bar. They'll serve craft cocktails, local beer, and Hamm's on tap, with food that is the antithesis of special occasion fare—think nachos, wings, burgers and pizza.

Opens mid-October

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128 CAFE IS NOW STEWART'S

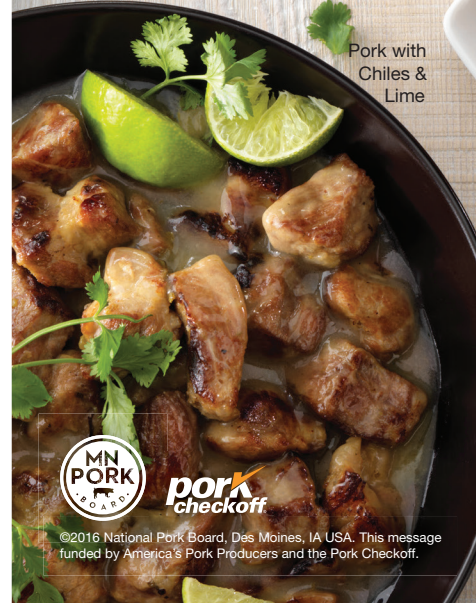
128 Cafe was always one of the best kept secrets of St. Paul's Cleveland Avenue neighborhood. An underground indie bistro with both white tablecloths and barbecue ribs, it fit the bill for lots of occasions.

The owners had planned a quick refresh, but when they started digging, they discovered artifacts from the previous iteration of the place, Stewart's, a more casual neighborhood bar. They decided to go with a full-on name change. It just felt right.

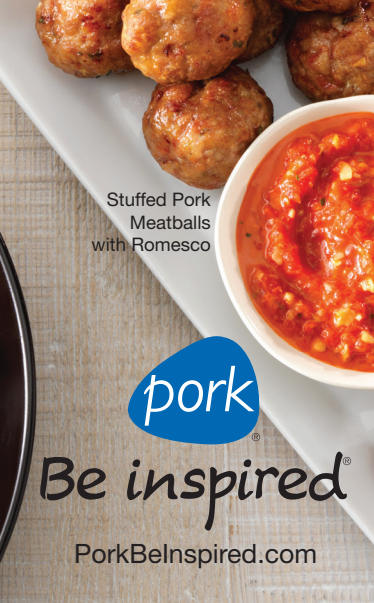
So 128 is now Stewart's, and you can expect a drinks-forward place (sensing a theme?) that maintains an eclectic menu, though the cooking got a refresh too. Highlights include

CONTINUED ON PAGE 25 ►

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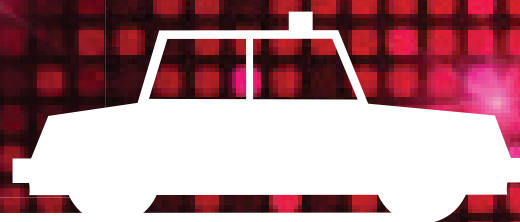
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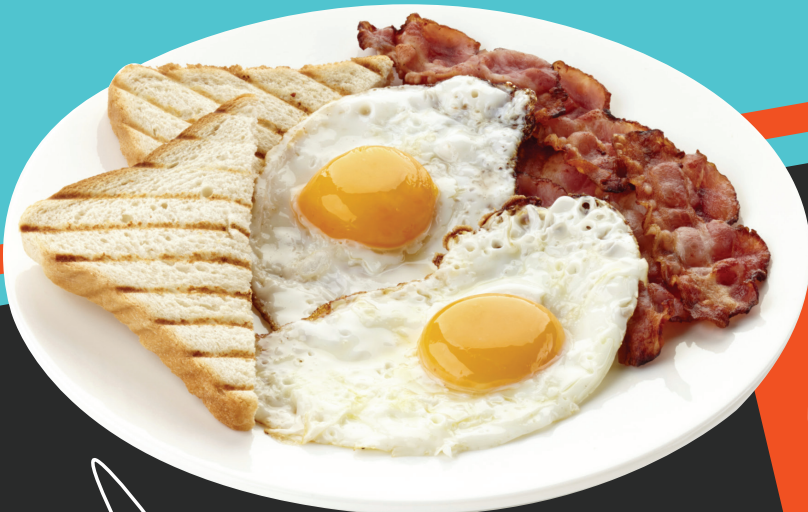
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Scusi, the Italian restaurant with wine on tap that operated for several years in the original Heartland space on St. Clair Avenue, is jumping in the old phone booth transformer and emerging with a—you guessed it—boozier outlook.

A full bar, a more relaxed vibe, and more “familiar dishes” will be the hallmarks of Bottle Rocket. No menu specifics yet, but they’re shooting for a Thanksgiving-ish opening.

1806 St. Clair Ave., St. Paul

651-690-2102

—MECCA BOS

This book club really is all about the wine

There’s a standing joke about book clubs, that they exist mainly as an excuse for members to get together and drink wine. Perhaps attendees talk about the book of the month if enough people have read it—but mostly they just drink wine.

Sound familiar? Then have we got a book club for you.

Gretchen Skedsvold, co-owner of Henry & Son, the independent wine shop in the Harrison neighborhood of Minneapolis (near International Market Square), is hosting a book club where wine is the main attraction by design.

“Each month we’ll read a book about wine regions, wine lovers, wine history, and other wine-related subjects and taste a few of the wines



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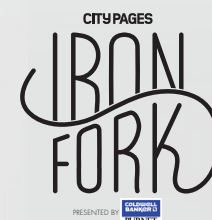
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mentioned in the book," she says.

The inaugural meeting was September 13, kicking off with *Adventures on the Wine Route* by Kermit Lynch, an influential American wine importer and winemaker. The book recounts his travels through the wine regions of France, where he spends several months each year searching out great wines and talented winemakers.

"It seemed like an appropriate book to start with, since he's wandering around France in the late summer," says Skedsvold.

For October, the group tackled *Making Sense of Wine*, a crash course on wine by Matt Kramer.

Skedsvold says she originally thought about putting together a book club for industry professionals, but customers were so enthusiastic about the idea that she decided to structure it for the general public instead.

"Learning about the history and the story behind wines and winemakers gives a new perspective on the subject, and learning about wine via a memoir is more fun and less intimidating than memorizing grape varietals," says Skedsvold.

The book club will meet on the second Tuesday of every month. You can register by calling the store, but walk-ins are welcome, too. Better start reading!

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-MARY JO RASMUSSEN

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A year removed from a caramel apple controversy, the store also known as the Big Yellow Barn is open seasonally from May to November. But autumn feels like the best time to visit, for the cornucopia (fall also gives us excuse to use the word "cornucopia") of gourds, decorative corn, and pumpkins. They've got them before anyone else seems to have them. It's like instant autumn, before a single maple leaf has gone crimson.

Operating as Jim's Apple Farm until 2005, the family-owned orchard came to an important realization: Apples are dandy but candy is quicker.

Sensory overload is a succinct way to describe what you'll find within: all the colors of the rainbow and lots of others; perambulating families to rival those at the State Fair; meticulously categorized candy.

Filed under Theater Box Candy are all your favorites from the glass case at the cinema (your days of paying \$16 for a box of Raisinetes at the movies are over). Root beer comes in 151 (to be exact—the number grows each year) varieties. Salt water taffy is available in every possible flavor, including buttered popcorn and eggnog. There's stuff from the Netherlands (stroopenwaffles for days), stuff from all over Asia (Hello Kitties with candy mustaches), and all the candy cigarettes you can smoke.

Going on like this would be tempting, almost as tempting as getting

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all the things. We narrowly escaped under the 25 dollar mark after spending an hour there. The damage could have been much worse, considering that they also have a pie shop, where the owner's elderly father presides over handmade apple pies, and a comprehensive soda selection, potentially the largest in the state, which includes the likes of buffalo chicken and sweet corn flavors. Is this necessary? Is this wise? Only you can know, and there is only one way to find out.

Candy shaped like poop? Ketchup-flavored potato chips? Sriracha gumballs? Countless unidentifiable items in countless languages? A yard of gumballs? What are your limits? Test them at the Big Yellow Barn.

Don't forget to grab a butternut squash on your way out. The veggies are on the honor system, so say what you plan to grab (because really, who is going to steal a gourd while hefting five pounds of candy?) then settle up.

It's cash only. There's no website or phone number, and you'll carry your stuff away in a plain paper bag. All the glory awaits as you drive away, autumn air shooting through the car windows, cherry gumdrops sticking to your molars.

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—MECCA BOS

6 local dishes that are textbook perfect

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651-228-1276 | goldenchowmein.com

GREEN ENCHILADAS AT HOMI

Like bad pizza, enchiladas tend to get smothered in so much cheese, you can forget what you were eating in the first place and not even care. But the cheese isn't really the point. The point is of course the sauce, especially in the case of green enchiladas. This dish should showcase good chiles, plus corn tortillas, which are not just a vehicle but an entity unto themselves.

At Homi, minimal dairy pulls this dish together, making a meal that's lively and spicy, not heavy and laden. It should come with the title "How to Really and Truly Make Enchiladas."

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and cooked so that they pop when you bite. A little quick-cooked egg binds things, and lively straws of bean sprout and scallion ensure vigor as opposed to muck. This will have you re-thinking the entire notion pad Thai.

371 University Ave. W., St. Paul
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THE OMELET OF THE DAY AT ST. GENEVIEVE

We rarely order omelets in restaurants because the eggs often get treated like crap. For some reason, seven-egg omelets are a siren song to many, and once they hit the table, they're as big as a loaf of bread, burned on the outside, the innards still raw. They can't get cooked properly in the short minutes it takes to cook a beautiful, delicate egg. What a mess.

But we took a chance at St. Genevieve's brunch, as we imagined they could handle a delicate French omelet. Can they ever. Cream and curd come together to create a custardy texture, so gracefully cooked it seems barely kissed with heat. No brown edges here. Ours was inspired by a BLT, so lots of pretty tomatoes tumbled forth from the snug egg that seemed to be giving it all a little hug.

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Not so at Lu's Sandwiches in Northeast. Theirs tell the tale of fresh assembly, with al dente shrimp, red-tinted pork, matchstick carrots and herbs as bright as if they'd just been picked. It all comes bound in wrappers so transparent they're like glass.

Two for \$4 is the fair market rate, and they've nailed that point, too.

10 6th St. NE, Minneapolis
612-249-5129 | lusandwiches.com

—MECCA BOS

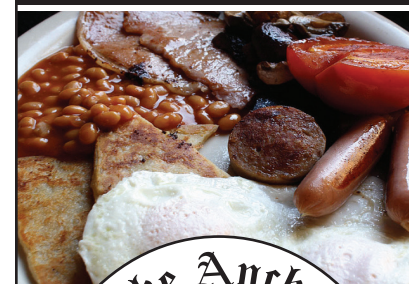
Is Basque wine and food the next big thing in Twin Cities dining?

It's tough keeping up with trends around here these days.

Ramen is trending. No, BBQ is trending. No, tacos are trending! Well, actually, they're all trending. And here's another trend to put on your watch list: Basque wine and food.

I might be going out on a bit of a limb by saying so, as this one just began peeking around corners this summer, but I really, truly love Basque wine and food, so I don't mind going out on a limb for it.

The Real Deal



The Anchor



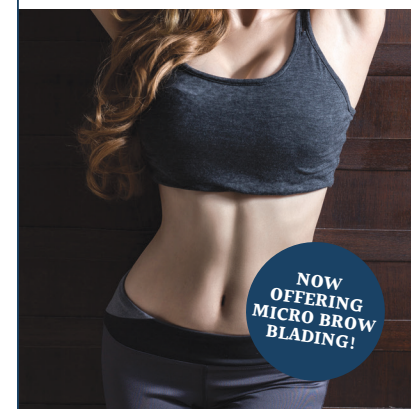
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It could be argued that the Basque region of Spain takes its food more seriously than any other. That northernmost region also tends to be one of the more unexplored areas of the country. This is not the home of bull-fighting and flamenco. It's the home of txakoli and pintxos.

Txakoli is a wine that's all but impossible not to like. It's a little bit effervescent with sparkle, dry as a bone, and fruity but not sweet. It's also reasonably priced at around \$20 retail a bottle, sometimes less.

Pintxos are the Basque answer to tapas, little two-or-three bite delights that you can stand around and eat while sipping Txakoli. Hola Arepa's owners Christina Nguyen and Birk Grudem returned from a tour of the area this summer and said they visited 15 to 20 establishments daily that specialized in this style of eating. If only we had half that many.

Typical pintxos ingredients include salt cod, the spanish tortilla omelet, squid ink, sheep's milk cheeses, asparagus, and jamon. We were delighted to find Costa Blanca doing a really stand-up, straight-up Spanish menu (Hector Ruiz's Rincón 38 also takes much of its influence from Spain) including some Txakoli wines.

Want some? Watch for influences from the area at Costa Blanca, Rincon 38, Gyst Fermentation Bar, Bar La Grassa, Piccolo, and we predict (and hope!) more restaurants coming our way sometime soon.

Find Txakoli on the wine lists at the Commodore, Corner Table, Costa Blanca, Eastside, La Fresca, Sea Change, Meritage, Revival, Saffron, Spoon & Stable, Tilia, Troubadour, Wise Acre, and Monello.

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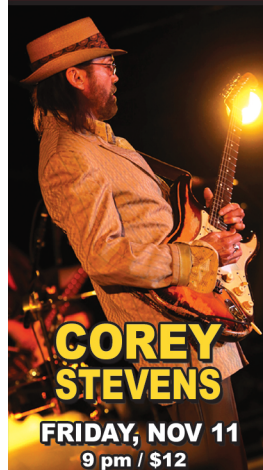
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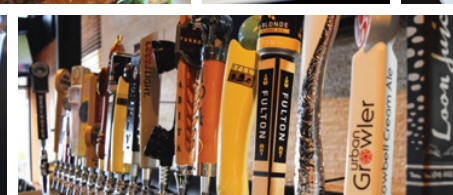
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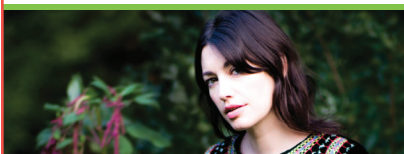
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Baker's Field: Stone milled local flour means way better bread

When the Twin Cities started seeing a spate of distilleries and cocktail rooms I couldn't figure out why I should care. I mean, vodka is vodka, right? I drink it for a delicious Greyhound, and to catch a buzz.

But then I realized, of course I should care about provenance. I care about the provenance of my cheese and my cucumbers and my chicken wings, so why not vodka?

The same holds true for bread. Most of us laypeople, we non-bakers, will look at a loaf of bread and think: "Bread." Or, we'll look at a loaf of fancy, artisanal bread, and think: "Fancy, artisanal bread."

Rarely will we think about the ingredients beyond flour, yeast, and water. But bakers are thinking about these things all the time, just as the best mixologists are thinking they'd like to have a better vodka.

And so it is with Baker's Field founder Steve Horton, also known as the founder of Rustica Bakery, the first true-blue and longest-standing artisan bakery we have around here. Why should someone who bakes with wild yeast, long fermentation times, and all the other painstaking methods necessary for the world's finest breads leave his raw materials to someone else?

But that's what most bakers have had to do up until fairly recently. Most American mills are built with big ag and commodity food in mind, not small farms and small bakeries and slow food where hand technique is key. So, if the likes of Horton want truly superior raw ingredients, they pretty much gotta build it themselves, from the ground up, including the tools.

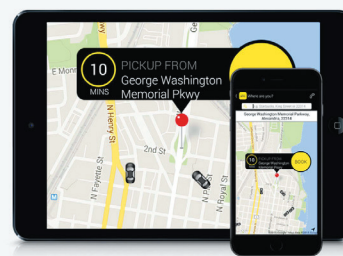
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And that's Baker's Field. Horton thinks there are probably fewer than 50 small mills like his in the entire country, most on the coasts where the bread scene has been a little more progressive. (Hello, Portland.)

Baker's Field looks a little like a mini-factory, outfitted with lots of hoses and pulleys and switches I can never hope to understand. What I understand is the flavor.

Take, say, a Rustica loaf, a beautiful thing indeed, bubbling and bur-nished as if it's been toasted on the surface of the sun. Bust into one of these, and you'll have to sweep the floor of all the lovely shards and crumbs it will leave behind. Inside, it's filled with glorious structure and more bubbles. As you bring it to your nose, the aroma is beery and winey and astonishingly complex. Why would anyone want anything else?

Because, says Horton, different baked goods call for different flours. Most flour tastes the same. It's white, the germ has been removed, and it works really well for certain things. But it doesn't work for everything. It's kind of like if those mixologists had nothing but vodka to work with. Sometimes you want a Manhattan, right?

Horton's breads prove this point fabulously. They're all totally different. Sweet, sour, rye-y, cereal-y, toasty, buttery. That's because Horton and team are working long and hard to figure out which grains and which flours work best where.

So for rye: bagel or baguette? Or for spring wheat: brioche or bun?

Thanks to that industrial white flour, most of our palates aren't accustomed to differentiating between, say, emmer and spring wheat, or buck-wheat and spelt. Don't worry. Horton and his team will do the heavy lifting,

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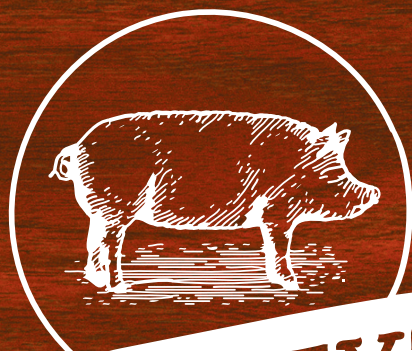
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It's taken over a year and a half of thinking and planning and strategizing (including lobbying to change Northeast's zoning laws to allow for a mill in the city) to produce that handful of beautiful flour.

Of course, the finest way to have these very fine breads is to pile them with Red Table Meats and Lone Grazer Cheeses, Baker's Field's neighbors in the Food Building. Under one roof, Kieran Folliard has gathered the makings of the most painstakingly produced, most delicious sandwich in America.

Get Baker's Field bread at a growing number of locations, including Seward Co-op, Eastside Co-op, Surdyk's, Mill City Farmers Market, and Northeast Farmers Market.

And bakers, you want to get your hands on some of that beautiful flour? It's available retail as well, at Mill City Farmers Market, Northeast Farmers Market, Rustica, Grassroots Gourmet, and starting soon at Seward Co-op.

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**Minneapolis-St. Paul is
the fastest-growing city
for restaurant spending,
study says**

Love going out to eat? Join the club. And while you're at it, take out another line of credit. A study says Minneapolis-St. Paul is the fastest growing city for restaurant spending.

We gotta keep up with all of the new openings somehow, right?

Right, actually. The study, released this summer by real estate research analysts CBRE, specifically states that the spending correlates with local restaurant opening trends including food trucks, food halls, chef-driven independent restaurants, and "grocer-aurants." (There's a new term we're gonna love over-using from now on).

The researchers also posit that our local consumer spending habits might have to do with our relatively low cost of rent—more disposable income for noshing.

And slightly less competition for restaurant owners (compared to, say, New York City) propels yet more restaurateurs to open restaurants where we can spend our hard-earned cash.

Millennials dine out more frequently than their older counterparts, but Generation Xers and baby boomers contribute most to restaurant sales. Other big spenders after us include Denver, Baltimore, and Philadelphia.

This news comes on the heels that Americans spent more money in restaurants than in grocery stores for the first time in U.S. history this past year. Looks like we are responsible for a big piece of that pie, Twin Cities.

Now, get out and eat.

—MECCA BOS



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Lu's Sandwiches goes fast-casual in Northeast

Fast-casual or “Chipotle-style” service is undoubtedly the new fast food of the modern era. It’s fresh, made-to-order before your very eyes, and preferably not more than \$10 for a simple lunch, oftentimes less.

Arguably, certain cuisines have been in the fast-casual game since long before it was a “thing,” and we’d count Vietnamese, especially banh mi and rice noodle salads, as one of these exceptions. Walk into almost any Vietnamese restaurant at all, and pretty, freshly made banh mi sandwiches will be piled high, for little more than a few bucks apiece, wrapped in utilitarian waxed paper (doubles as a plate) and bound by a rubber band. Good enough for me.

Or order a rice noodle salad, officially the most delicious way to get lunch on a 90-degree day, and you’ll wait no more than 10 minutes for something hot on top, cool on the bottom, and fresher than a field of dewy greens.

Lu’s Sandwiches has been doing things this way on Eat Street for many years, and their banh mi, notably the sour sausage, are some of the best anywhere. They bake their own bread on site.

But format du jour is format du jour, and if a place has a chance of expanding their audience, then they might as well do so. Enter Lu’s Northeast. This fast-casual version of the Eat Street stalwart builds banh mi plus noodle and rice bowls before your very eyes, and while it seems a little redundant, the queues are queuing up.

Step up and select your pleasure. Bowl or bread? Then, meat. At the new Lu’s, choose from about half a dozen options (but no sour sausage, sadly) including meatball, mock duck, and “special ham”—an assortment of traditional pork cold cuts.

Lu’s make their own pork pate in house, as well as an ultra-thick, dark yellow mayo that tells the tale of lots and lots of good yolk. On our visit, we had to wait about 15 minutes for the bread to arrive from the other location, well worth it for the fresh, shatter-crisp loaves. A Lu’s banh mi is also an exceptional deal at \$7 for something that’s almost a foot long. It takes gumption to finish it all. (Visit the original location to do the 2-foot-challenge.)

The odd part about all of this is that aside from the meat, most traditional banh mi garnishes are, well, traditional, and unless you have a strong aversion to cilantro or peanuts (legit), you’re probably going to want cuke, carrot, scallion, cilantro, peanuts, and chiles on your situation. Sauces come in portion cups anyway, so this setup isn’t as imperative or personal as, say, a burrito.

Which is not to say that Lu’s isn’t worth a look. Quite the opposite. Their spring rolls are alone worth the trek, one of the freshest, best, and prettiest presentations we’ve seen, with plump al-dente shrimp, pink-edged BBQ pork, and wrappers as transparent as cellophane. Another ridiculous deal at \$4 for a pair, but not as ridic as their taut, crisp egg rolls, available for \$1.50 each, or complimentary with a noodle bowl, your choice of pork or mock duck. That little flourish adds a lot of value, particularly since the noodle bowl is just \$7.

Vietnamese iced coffees might be the best in town in a town with a great many excellent versions—step over to the fountain machine after purchase and ice it up yourself. Lu’s even sells glasses of red and white wine for \$5 apiece! The room is styled after all fast-casual rooms everywhere—get in, get out, linger over your wine if you must, but don’t linger for long. Can’t you see the queue?

—MECCA BOS

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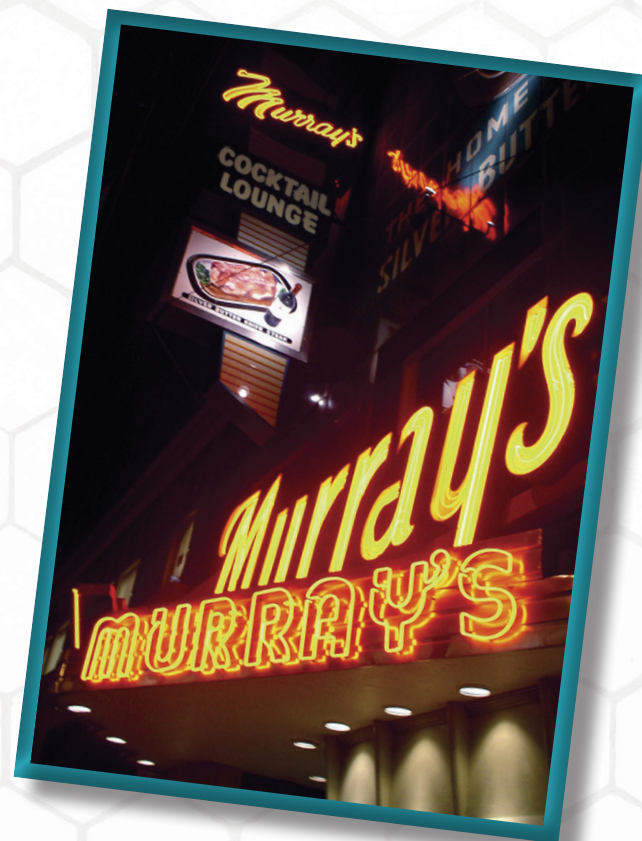


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ALASKAN BREWING Select Types, 12pk Bottles \$10.99* SAVE \$5 With coupon, while supplies last. Expires 11/30/2016	LAGUNITAS BREWING Select Types, 6pk Bottles \$7.49* SAVE \$3 With coupon, while supplies last. Expires 11/30/2016	GRAINBELT PREMIUM 12pk Bottles \$8.99* SAVE \$4 With coupon, while supplies last. Expires 11/30/2016	GRAINBELT NORDEAST 12pk Bottles \$9.99* SAVE \$3⁵⁰ With coupon, while supplies last. Expires 11/30/2016	MILLER LITE, MGD & LEINE ORIGINAL 12pk Bottles \$8.49* SAVE \$3⁵⁰ With coupon, while supplies last. Expires 11/30/2016	COORS LIGHT & COORS ORIGINAL 12pk Bottles \$8.49* SAVE \$3⁵⁰ With coupon, while supplies last. Expires 11/30/2016	BUD, BUD LIGHT MICH GOLDEN & GOLDEN LIGHT 12pk Bottles \$9.49* SAVE \$3 With coupon, while supplies last. Expires 11/30/2016	MICHELOB ULTRA 12pk Bottles \$10.99* SAVE \$3 With coupon, while supplies last. Expires 11/30/2016

*Not valid on green tag/sale priced items, coupon items or with other promotions.

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